

•OCTOBER 2025•

# Fall Newsletter

OFFICIAL NEWSLETTER OF FIERCE TRAINING EVERYWHERE, LLC



**Jillian Coscia**

Exercise Physiologist  
Personal Trainer  
ACSM



**Drew Coscia**

Run Coach  
UESCA



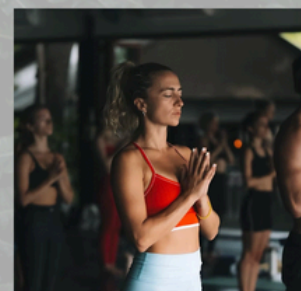
**Zoe Sutherland**

Prenatal/Postpartum Coach  
BirthFit Coach + Leader



**Olivia Gerhardt**

Nutrition Coach  
Precision Nutrition



**Tanna Kirchner**

Yoga Teacher  
RYT 500

## It's been a while! & OUR TEAM IS STACKED

From half ironmans, to yoga retreats in Thailand, to protein fitness partnerships (& discounted products) to babies being born we've got a lot to update our community on! Thanks for stopping by to catch up!

Left to Right:

- Deadlifts in the park with Lisa
- Drew & Jill hike Mount Fuji
- Tanna goes to Thailand for her RYT 500!



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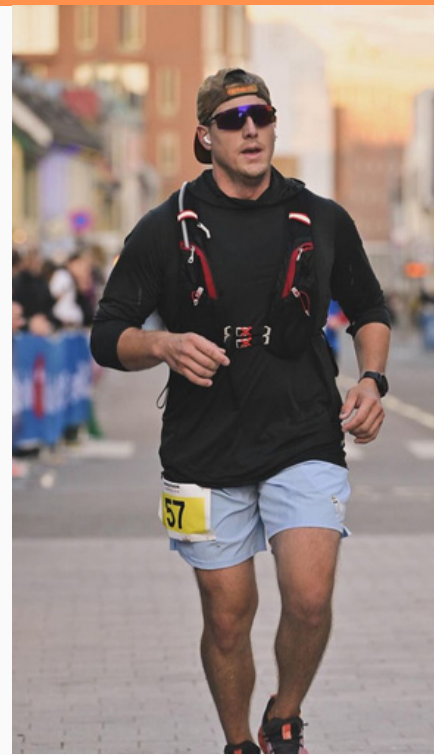
## CLIENT SPOTLIGHT – JORDAN MCPEEK

### Half Ironman 70.3 Miles

CONGRATULATIONS, JORDAN!



- Jordan's 1<sup>st</sup> goal was to run the Tromsø, Norway "Midnight Sun Marathon" while he was touring the country. He completed this well under his time goal :). After completing the marathon he got hungry for more and signed up for his first ever half ironman in Happy Valley, PA! He trained with Drew for 10 months, with peak week hitting 14 hours of training! He also achieved his time goal for this race. Jordan grinded through his ironman training for 10 months and we feel this spotlight is VERY well deserved!
- Jordan's races:
  - 1st Marathon (Norway)(June 2024)
  - Half Marathon "Beast" Spartan Race (Hawaii) August 2024
  - Half Ironman 70.3 miles (Pennsylvania)(June 2025)
    - 6:55:23 (9:30 min/mi)





## Success Stories

### CONGRATULATIONS TO YOU ALL!

Alyssa McDowell

- Dallas Half Marathon 17 minute PR! (Oct 2025)

Jordan McPeck

- 70.3 Half Ironman (June 2025)

Deb G.

- 22# weightloss/4% bodyfat loss

Madison G.

- 14# weightloss

Ricci J.

- 61# weightloss (& a huge deadlift PR)

Kristin Markham

- Got married 😊. Crushed her pre-wedding workouts to be lean & mean on wedding day!

Morgan McElroy (Pre-natal client)

- Birthed her amazing baby girl
- Worked with Jill until 38 weeks pregnant

Ashley Verwoerd

- Box Jump PR + multiple strength PRs (deadlift, bench press, squat, etc.)

Erin Hinson (Pre-natal client)

- Birthed her amazing baby girl
- Worked with Zoe until the day she gave birth

Andrew C.

- Post rotator cuff/bicep tear rehab PRs (fall injury)

### UPCOMING GOALS & EVENTS!

Alyssa McDowell

- 2nd Marathon (Honolulu, Hawaii)
  - Dec 14, 2025

Kathy G.

- 1<sup>st</sup> marathon (Honolulu, Hawaii)

Elise Easton (Pre-natal client)

- Due in January with a baby boy!

Deb G.

- Achieve 30# weight-loss (8# more to go)

***\*This is just to name a FEW - MANY clients have had strength PRs (bench, squat, deadlift, cleans, presses, etc.)***

Ronnie S.

- Training for a military selection

Charlotte Verwoerd

- Pass the Marine PT test



## PRENATAL CLIENT TESTIMONIAL

"I HAVE BEEN WORKING WITH FIERCE TRAINING EVERYWHERE PRE-NATAL TRAINER ZOE SINCE MY FIRST TRIMESTER. SHE HAS BEEN INSTRUMENTAL IN GETTING MY BODY AND MIND READY FOR BIRTH. HER WORKOUTS ARE TAILORED TO YOUR NEEDS WHEN IT COMES TO POSTURE, ABILITY, AND GOALS THROUGHOUT PREGNANCY. NOT ONLY THAT, SHE IS SO RESPONSIVE WITH NEEDED MODIFICATIONS AND SO, SO ENCOURAGING, ESPECIALLY ON THE DAYS THAT EVEN GETTING UP FEELS HARD. SHE IS SO UNDERSTANDING AS A MOM HERSELF AND NEVER MAKES YOU FEEL ANY LESS MOTIVATED ON DAYS (OR WEEKS) YOU CAN'T GET TO THE GYM. SHE HAS HELPED ME CORRECT MY POSTURE DURING MY WORKOUTS WHICH HAS SIGNIFICANTLY IMPROVED MY LOWER BACK PAIN, AND GIVEN ME HELPFUL STRETCHES WHEN I BEGAN EXPERIENCING ROUND LIGAMENT PAINS. NOW THAT I AM IN MY THIRD TRIMESTER, THE WORKOUTS ARE MIMICKING LABOR SO I AM ABLE TO FOCUS ON ENDURANCE AND BREATHING WHEN IT IS TIME TO HAVE MY BABY. I AM SO GRATEFUL FOR FIERCE AND FOR ZOE FOR MAKING ME FEEL CAPABLE AND STRONG THROUGHOUT MY ENTIRE PREGNANCY AND GIVING ME PEACE OF MIND KNOWING MY BABY IS SAFE WHILE I CONTINUE EXERCISING!"

**ELISE EASTON - OCT 2025**





## ACSM (American College of Sports Medicine)

### CONTINUING EDUCATION CREDITS

- Coach Jill earned 3 CECs since the release of our last newsletter. These CECs allow her to keep her Exercise Physiologist Certification current & better serve her clients.
- Effects of Aerobic & Resistance Training on Food Intake (August 2025)
- The Hidden Cost of Sleep Loss on Nutrition and Performance (October 2025)
- Live High, Train Low (March 2025)



## COMMUNITY

### Surfrider Spirit Sessions

#### SURF TO THE TURF GOLF TOURNAMENT



- Coach Jill volunteered at the annual golf tournament for the 2<sup>nd</sup> year in a row.
- Surfrider Spirit Sessions empowers and transforms adjudicated, at-risk, or vulnerable youth through surfing and holistic ocean-based mentoring programs, experiential education and cultural activities, and teaches ocean awareness, Hawaiian culture, and environmental sensitivity to the general community.







## Lineage Provisions

### DISCOUNTED PRODUCT

Lineage Provisions exists to make animal-based nutrition easy with a high standard for quality, nutrient-density, taste, and transparency and to make the world's best products sourced from the world's best producers and farms.

- Organ Blend Beef Protein Powder
- Organ Blend Chocolate Beef Protein Powder
- Meat Sticks
- Air Dried Steak
- Honey
- Collagen
- Grass-Fed Beef Tallow
- Creatine & more!

## Protein powder + jerky partnership



[lineageprovisions.com/FIERCECREW](https://lineageprovisions.com/FIERCECREW)

**FIERCECREW @ checkout for 10% off** *Forever*



## EARTH DAY GIVEAWAY

### Congratulations, MK!

#### PURITY COFFEE GIVEAWAY CHALLENGE

- MK from San Deigo was the winner of 2 bags of FREE coffee (\$52 value!)



*FIERCECREW @ checkout for 20% off*

#### PURITY COFFEE ☕

- ✓ REGENERATIVELY FARMED
- ✓ PESTICIDE-FREE, USDA CERTIFIED ORGANIC ARABICA COFFEE
- ✓ SUSTAINABLY SOURCED
- ✓ 3RD PARTY TESTED FOR MOLD & TOXINS
- ✓ HIGH ANTIOXIDANT CONTENT



## Promoted to USN Chief

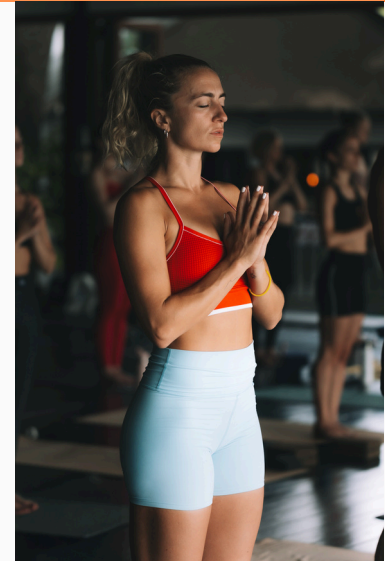
SEPTEMBER 16, 2025 -- COACH DREW

After serving 11.5 years in the USN Drew was promoted to Chief Petty Officer.

## RYT 500 Certified (Yoga)

JUNE, 2025 -- COACH TANNA

Tanna is now RYT 500 certified (meaning she has now taken 500 hours of Yoga Teacher training). She spent 3-weeks on a 300 hour course in Thailand!



## Marine Corp Base Hawaii HITT (High Intensity Tactical Training) Competition

FIRST PLACE! -- COACH DREW + 3 COWORKERS

For the 3rd year in a row Drew has won 1st place on the base wide competition open to ALL active duty military.



## Prenatal/Postpartum Coach Expecting!

COACH ZOE

Due in December with a baby girl. Baby #3 😊.



## Oahu 135 Mile Pentathlon

AUGUST 9, 2025 -- COACH DREW/JILL/FRIENDS

Around the island as a team! We took 5<sup>th</sup> out of 25 teams with a time of 14 hrs 8 mins.

- 2 mile swim
- 16 mile run
- 10 mile paddle
- 30 mile bike
- 10 mile carry, 45#
- 67 mile bike

## 50k Trail Ultramarathon

MAY 2, 2025 -- COACH OLIVIA

Grayson Highlands State Park, VA. 5,000 ft & 10 hr cut off time. Olivia's 1<sup>st</sup> ultra!

Estes Park, Colorado  
Honolulu, Hawaii  
Kailua, Hawaii  
Tuscon, Arizona  
Bozeman, Montana

## ALL AROUND THE US

Virginia Beach, Virginia  
Chesapeake, Virginia  
Reston, Virginia  
Henderson, Nevada

San Diego, California  
Eldred, Pennsylvania  
New Braunfels, Texas  
Larue, Texas  
Shelby, OH  
Winston Salem, NC



# SUPRISE! COACH DREW & JILL ARE EXPECTING!



Sunrise workout @ 18 weeks pregggo!

**Due 3.25.26**



Diaphragmatic breathing during box squats!

**Thanks for reading our newsletter!**